



CLIF

Community Leader Information Forum

4 MAR 2015

1100 - 1200

1200 - 1300 (SSR Meeting)



4 March Agenda

- ***Opening Comments by the Commandant***
- ***Opening Comments by Commandant's Spouse***
 - 3x5 Card Feedback (CMDT)
- ***Special Topic Briefs***
 - Jim Thorpe Sports Days
 - Senior Spouse Leadership Seminar (MFP)
- ***Calendar Review by the G3***
- ***Command and Staff Updates (by exception)***
 - Garrison
 - DFMWR (CYSS, Food and Beverage, Sports)
 - ACS
 - Balfour Beatty
 - Chaplain
 - The Exchange
 - Commissary
 - Dunham Clinic/Army Wellness Center
 - Schools/Centers/Institutes (by exception)
- ***G Staff (1-9)***
- ***SLDR***
- ***PA/LL***
- ***CBSC***
- ***Military Family Program***
- ***Open Forum (SSRs, other Community Spouse Reps)***
- ***Closing Comments from Commandant/Command Group***
- ******** Seminar Spouse Representative Meeting ********
- ***Meeting and Introductions***
- ***New Business***
- ***SSR Comments (by Seminar)***
- ***Closing Comments***
- ****Next CLIF will be held on 1 APR 2015, 1100, LOCATION AHEC***



3x5 Card Roll up from FEB CLIF (1)

- **Question/Comment #1: “What is the status of the large dog park?”**

USAG CDR RESPONSE: The projected completion date for the temporary large dog park behind the Vet clinic is mid May. The project is with the Contracting Office in the Request for Proposal (RFP) phase.



3x5 Card Roll up from FEB CLIF (2)

- ***Question/Comment #2: “Why hasn’t the sidewalk between the Meadows and Main Post been cleared? This sidewalk was dangerous to walk for a while?”***

USAG CDR RESPONSE: Thank you for alerting us to this service gap. The sidewalk section from the Meadows to Main Post is a high priority. We have addressed this issue with our contractor. If you see any unsafe conditions, please call the Police Desk immediately at 245-4115.



3x5 Card Roll up from FEB CLIF (3)

- ***Question/Comment #3: “The railroad tracks just off post (behind Dunham Army Healthcare Clinic) are really rough! It there anything we can do to get it smoothed over?” – Seminar 20***

USAG CDR RESPONSE: I have raised this issue with the Borough Manager and he will work this issue with Norfolk Southern on our behalf.



3x5 Card Roll up from FEB CLIF (4)

- ***Question/Comment #4: “Could the cafeteria in Root Hall start listing nutritional information for their foods? Perhaps work with the Wellness Center to get it? It would be nice to be able to make a healthier choice for lunch if nutritional information was provided.”***

USAG CDR RESPONSE: Great idea. I have tasked my Director of FMWR to work this initiative with the Dietician from our Dunham Army Health Clinic. We will provide you an update at the next CLIF.



3x5 Card Roll up from FEB CLIF (5)

Question/Comment #5:

At this time our youth under 12 with direct supervision are only able to use the track in the Jim Thorpe Gym for physical fitness.

At this time our youth under 15 (12-15) must be participating in the SAME activity as the parent accompanying them. One cannot be on a mat while one is running the JT track.

Currently, our youth under 12 (approximately 7th grade/middle school) are not authorized to use any "strength equipment or cardio equipment" even with adult supervision. Exercise mats have even been under discussion as whether they are considered "strength" equipment or not. We have athletes in 6th grade at the middle school.

I am aware of what AR 215-1 paragraphs 8-20d (2-4) states. However, in this day and age of encouraging our youth to embrace fitness or maintain fitness (for our youth athletes) it seems there are several road blocks to usage of such equipment.

Also - our youth under 12 with adult supervision and our youth 13-17 years do not currently receive a fitness class" on how to use the fitness equipment at either the Jim Thorpe Gym or Indian Field Gym. It seems that staff at the gyms could conduct "youth fitness" classes on an as needed basis. The CYS currently issues the "youth fitness" cards but the new facility does not have any fitness equipment to conduct classes.

It seems as if we have a population of military affiliated youth that actually want to work out (before or after school) therefore, we could be creating safe opportunities to allow this to happen.



3x5 Card Roll up from FEB CLIF (5)

Question/Comment #5: “What more can be done to offer youth safe opportunities to work-out with cardio and strength equipment within the bounds of AR 215-1 paragraphs 8-20d (2-4)? And specifically, what can be done to offer Youth Fitness activities at McConnell Youth Center?”

- *USAG CDR RESPONSE: As stated, AR 215-1, paragraph 8-20d(2-4) does restrict access to fitness facilities and programs for youth ages 12 & under, and requires that youth 15 & under participate in the same activity under direct supervision of a parent or guardian.*
- *We do currently offer youth fitness programs and strength and conditioning programs within the McConnell Youth Center. These include:*
 - *Lifting Club (ages 12-18): meet twice a week (T&TH) at 1730*
 - *Running Club (ages 10-18): fall and spring sessions*
 - *Boot Camp (ages 8-18)*
- *However, we are continuously refining our programming based on customer requirements and feedback. Thank you for your ideas, and we look forward to working with you to improve our youth fitness programs.*



Jim Thorpe Sports Days 2015

Who: USAWC, National War College, Eisenhower War College, Air War College

What: Senior Service sports competition!

When: 22-25 April (Thursday to Saturday) (and a Pep Rally!!)

(Sports: Basketball, Volleyball, Softball, Soccer, Cycling, Golf, Tennis, Bowling, Trap/Skeet, Men's 1 Mile Relay, Women's 1 Mile Relay, Combined 5K)

Where: Carlisle Barracks (and surrounding area)

Why: To foster a spirit of teamwork between SSC's (and an opportunity to connect!)

How to help:

- Come out and cheer on the Army Team!
- Host a visiting athlete! (Carlisle Car Show is going on that weekend!)
- We need your spirit and your enthusiasm!!

Other:

- Child Care, MWR and Family Events



THE UNITED STATES ARMY WAR COLLEGE



JTSD Key Events

Wednesday, 22 Apr: JTSD Pep Rally

Thursday, 23 Apr

Coaches meeting (1600)

School President/Commandant's pre-reception/JTSD overview – CCR (1600)

Opening Ceremony – Indian Field (1700)

Games begin (Relays follow opening ceremony)

School President/Commandant's reception for VIPs - Quarters One (1830)

Informal No-Host Social – Tiki Bar/LVCC (1800)

Friday, 24 Apr

Games continue

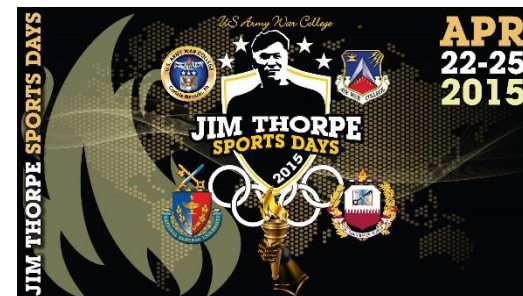
Informal No-Host Social – Tiki Bar (1900)

Saturday, 25 Apr

Games conclude

Closing BBQ Buffet – Indian Field (1100-1400)

Awards/Closing Ceremonies – Indian Field (1400)



Bring your family and cheer on your classmates!



THE UNITED STATES ARMY WAR COLLEGE

Senior Spouse Leadership Seminar



- Training to enhance your roles as senior leaders, mentors and advisors.
- Relevant, useful information so you can serve in positions to benefit your military community.
- Opportunity to discuss your roles as senior spouses and to explore and refresh skills that can help make those roles more successful regardless of your component affiliation.

Dates: 14, 15, and 16 April: Training

Times: 0900 – 1500 (Days 1, 2, and 3)

Location: Collins Hall (CSLD)

Sign Up Today with the Military Family Program!

E-mail Laurel.a.cioppa.ctr@mail.mil or

Call 717-245-4787



STRENGTH *and* WISDOM





March 2015 Events

- 05 Winter Wonderland for EFMP Families** (ACS; 1900-2030; McConnell Youth Center)
- 07 SAC Lock-In** (CYSS; 1900-0000; McConnell Youth Center)
- 07 Strength for Wisdom (SFW) Bench Press, Squat & Deadlift** (DFMWR; 9:00 – 1300; Thorpe Fitness Center)
- 07 MST Archery Tag** (CYSS; 1000-1500 *RD 5 March; TBD)
- 10 SKIES Ballet Dance Lessons** (CYSS; 1700-1845 Tuesdays; McConnell Youth Center)
- 10 Parenting Children 0-5** (ACS; 1800-2000; CDC)
- 11-14 National Security Staff Ride (NSSR #2) to New York City** (SSL; 0800; Collins Hall)
- 11-14 McConnell Youth Center Support for NSSR #2** (CYSS; 1700; McConnell Youth Center)
- 12 Parenting Children 0-5** (ACS; 1800-2000; CDC)
- 13 St. Patrick's School & South Middleton School District Snow Make Up Day**
- 13 Great Decisions Lecture Series "India Changes Course"** (AHEC; 1300-1400; AHEC)
- 14 MST St. Patrick's Day Social** (CYSS; 1600-2000; McConnell Youth Center)
- 16 Commissary/Exchange Advisory Counsel** (ACS; 1400-1500; Upton Hall Conference Room)
- 17 Parenting Children 0-5** (ACS; 1800-2000; CDC)
- 17 Family Advocacy Training** (USAG; 1330-1430; Dunham Health Clinic Conference Room)

(Lead Organization; Time; Location) *RD – Registration Deadline



March 2015 Events

- 17** **Spouse Resiliency Workshop** (SLDR/MFP; 0830-1430, AHEC)
- 17-18** **Boots to Business** (ACS; 0830-1600; Education Center)
- 18** **CBSC Luncheon Hosted by International Spouses** (CBSC; 1030-1330; LVCC)
- 18** **Perspective Lecture “Reconsidering the American Way of War”** (AHEC; 1915-2030; AHEC)
- 19** **SKIES Hip Hop Dance Lessons** (CYSS; 1700-1800 Thursdays; McConnell Youth Center)
- 19** **Raising Resilient Kids in the Military Family** (Military Families Program (MFP); 1900-2100; Bliss Hall)
- 20** **Carlisle School District Snow Make Up Day**
- 20-21** **MST March Madness Lock-In** (CYSS; 1900-0700 *RD 19 March; McConnell Youth Center)
- 21** **SFW 5K Run** (DFMWR; 0900 AM – 1000; Indian Field House)
- 24** **Relocation One Stop** (USAG; 1100-1400; Root Hall Gym)
- 25** **Women’s History Month Lecture (LTG Flora Darpino)** (AHEC; 1145-1245; Bliss Hall)
- 27** **Cumberland Valley School District Snow Make Up Day**
- 27** **Washington DC Cherry Blossom Festival Bus Trip** (LTS; 7:30 AM – UTC, *RD 18 March; departs from the Strike Zone)
- 28** **SAC Spring Fling Dance** (CYSS; 1200-1600; McConnell Youth Center)
- 28** **Easter Egg Hunt** (CYSS; 0900-1200; CDC and Chapel Area)
- 28** **Mexican American War Roundtable** (AHEC; 1500-1700; AHEC)

(Lead Organization; Time; Location) *RD – Registration Deadline



March 2015 Events

- 29** **Tell Me A Story** (CYSS/SLO; 1600-1800, *RD 26 March; McConnell Youth Center)
- 30** **Running Club for Ages 10-18** (CYSS; 1630 *RD 27 March; McConnell Youth Center)
- 30** **Spring Soccer for Ages 3-18** (CYSS; 1630 *RD 27 March; McConnell Youth Center)
- 30** **Cumberland Valley School District Snow Make Up Day**
- 31** **Cumberland Valley School District Snow Make Up Day**
- 31** **T-Ball for Ages 3-6** (CYSS; 1630 *RD 27 March; McConnell Youth Center)



April 2015 Events

- 01** **CLIF** (1100-1300; AHEC)
- 01** **Month of the Military Child CDC Kick Off Parade** (CYSS; 0915; Moore CDC)
- 01** **Month of the Military Child McConnell Youth Center Party** (CYSS; 1600-1800; McConnell Youth Center)
- 02** **Mechanicsburg Area School District Snow Make Up Day**
- 02-06** **Spring Recess** (SSL; 1100)
- 03** **Month of the Military Child Luncheon** (CYSS; 1130-1230; McConnell Youth Center)
- 03** **Month of the Military Child Family Pictures** (CYSS; 1100-1300 & 1600-1800; McConnell Youth Center)
- 03** **SAC Month of the Military Child Trivia Night** (CYSS; 1630-1800; McConnell Youth Center)
- 05** **Easter Buffet** (DMFWR; 1100-1400 *reservation required; LVCC)
- 06** **South Middleton School District Snow Make Up Day**
- 06** **MST Paintball Tent** (CYS; 1300-1600; McConnell Youth Center)
- 09** **MST PA Zero Tolerance Policy Awareness Presentation** (CYSS; 1630; McConnell Youth Center)
- 10** **SAC Month of the Military Child Game Night** (CYSS; 1630-1800; McConnell Youth Center)
- 10** **MST Girls Night In** (CYSS; 2100-0000, *RD 9 April; McConnell Youth Center)
- 10** **Ice Cream Social** (CYSS; 1030 Pre-K, 1430, Full day, 1500 part day and Pre-school; Moore CDC)

(Lead Organization; Time; Location) *RD – Registration Deadline



April 2015 Events

- 11 MST Dodge Ball Tournament** (CYSS; 1600-2000, *RD 10 March; McConnell Youth Center)
- 11 Family Movie Night** (CYSS; 1900-2100: McConnell Youth Center)
- 11 Washington DC Cherry Blossom Festival** (LTS; 0730-UTC, *RD 1 April; Bowling Center Parking Lot)
- 14 Family Advisory Board Meeting (FAB)** (CYSS; 1100-1200; Delaney Field House)
- 14-16 Senior Spouse Leadership Seminar** (MFP; TBD; Collins Hall)
- 15 Purple Up for Military Kids** (CYSS; 0600 – 1800; Post Wide)
- 15 CBSC Spring Surprise Luncheon** (CBSC; 1030-1300; LVCC)
- 15 CBSC Scholarship Deadline**
- 17 MST Guys Night In** (CYSS; 2100-0000; McConnell Youth Center)
- 17 SAC Month of the Military Child Breakfast** (CYSS; 0700-0800; McConnell Youth Center)
- 17 Month of the Military Child SAC Craft Night** (CYSS; 1630-1800; McConnell Youth Center)
- 17 SAC Lock In** (CYSS; 1900-2400; McConnell Youth Center)
- 18 Family Fun Fair** (ACS; 1000-1400; Moore CDC and Chapel Area)
- 18 MST Paintball Trip** (CYSS; 1230-1600 *RD 16 March; Wanna Play Paintball)
- 18 NYC On Your Own to the Statue of Liberty & Ellis Island** (LTS; 0730-UTC; Bowling Center)
- 22 Army Reserve Birthday** (RC Liaison; 1145-1215; Bliss Hall Foyer)

(Lead Organization; Time; Location) *RD – Registration Deadline



April 2015 Events

- 22** **Jim Thorpe Sports Days Pep Rally** (SSL; 1215-1245; Bliss Hall)
- 23-24** **CYSS Jim Thorpe Sports Days** (CYSS; 1500-1900 (Th), 1500-2100 (Fr); McConnell Youth Center)
- 23-25** **Jim Thorpe Sports Days** (SSL; 1100; Indian Field)
- 24-25** **MST Operation Megaphone Lock In** (CYSS; 1900-0700, *RD 22 April; McConnell Youth Center)
- 24** **Month of the Military Child SAC Center Stage Night** (CYSS; 1630-1800; McConnell Youth Center)
- 24** **Parents Night Out** (CYSS; 1800-2300; McConnell Youth Center and Moore CDC)
- 28** **Relocation One Stop** (USAG; 1100-1400; Root Hall Gym)
- 29** **CLIF** (1100-1300; AHEC)
- 30** **ACS Volunteer Recognition Ceremony** (USAG; 1130-1400; LVCC)
- 30** **CDC Diversity Luncheon** (CYSS; 1130-1230; Moore CDC)



May 2015 Events

- 02** **SAC Lock In** (CYSS; 1900 – 0000; McConnell Youth Center)
- 02** **MST Spring Cookout** (CYSS; 1600-1800; McConnell Youth Center)
- 02** **CBSC Duck Derby** (CBSC; 0900; behind LVCC)
- 02** **New York City “On Your Own”** (LTS; 0800; departs from Strike Zone)
- 04** **Newcomers’ Brief** (USAG; 1300-1400; Anne Ely Hall Room 202)
- 05** **SAC Character Counts Celebration** (CYSS; 1630-1730; McConnell Youth Center)
- 05-07** **NSSR #3 to Washington D.C.** (SSL; 0800; Collins Hall)
- 08** **CDC Mother’s Day Tea** (CYSS; 1030, 1430, and 1500; Moore CDC)
- 08** **CBSC Golf Scramble** (CBSC; 1300; Carlisle Barracks Golf Course)
- 08** **Military Spouse Appreciation Day** (ACS; 1130-1300; ACS)
- 09** **Parent’s Night Out** (CYSS; 1630 – 0000; McConnell Youth Center & Moore CDC)
- 09** **Joint Ball** (SSL; 1800-2355; Hershey Lodge)
- 10** **Mother’s Day Buffet** (DMFWR; 1100-1400; LVCC)
- 12** **SAC Character Counts Celebration** (CYSS; 1639-1730; McConnell Youth Center)
- 13** **Youth Sports Picnic** (CYSS; 1630 – 1800; LVCC Pavilion)

(Lead Organization; Time; Location) *RD – Registration Deadline



May 2015 Events

- 16 Spring Yard Sale** (USAG; 0700-1400; Carlisle Barracks)
- 16 Armed Forces Run** (CYSS; 1000; Indian Field)
- 16 SAC Social** (CYSS; 1200 – 1600; McConnell Youth Center)
- 16 MST Hershey Park Trip** (CYSS; 1200 – 2200 *RD 14 May; Hershey Park)
- 16 Youth Sports Americas Armed Forces Kids Run** (CYSS; 1000; Indian Field)
- 16-17 Army Heritage Days** (AHEC; 0900-1700; AHEC)
- 20 CBSC Luncheon & Board Installation** (CBSC; 1030-1300; LVCC)
- 20 Asian American and Pacific Islander Heritage Observance** (SSI; 1700-1800; TBD)
- 22 Training Holiday/RWR**
- 23 SAC Social** (CYSS; 1200-1600; McConnell Youth Center)
- 25 Memorial Day**
- 28 CDC Pre-K and Preschool Graduation** (CYSS; 1300 – 1500; Moore CDC)
- 29 CDC Last Day of School Picnic for Pre-K** (CYSS; 1030; Moore CDC)
- 29-30 MST Neon Glow Lock In** (CYSS; 1900 – 0700 *RD 28 May; McConnell Youth Center)



June 2015 Events

- 01** **4-H Roundup** (CYSS; 1630-1730; McConnell Youth Center)
- 01-04** **National Security Seminar** (SSL; 1200 1 June – 1300 4 June; Bliss Hall and Root Hall)
- 04** **Carlisle Area School District Last Day of School – Half Day**
- 05** **Graduation Resident Class of 2015** (G3; 0900-1100; Wheelock Bandstand)
- 08** **SAC Summer Camp Begins** (CYSS; 0630-1730; McConnell Youth Center)
- 13** **Army Birthday Dinner** (AHEC; 1700-2200; AHEC)
- 19** **CDC Doughnuts with Dads** (CYSS; 1500; Moore CDC)
- 20** **Blues and Brews Festival** (AHEC; 1000-2200; AHEC)
- 26** **CYSS IF Orientation & Childcare** (CYSS; 0730-1230 or 1200-1630; Letort View Community Center)
- 26-27** **MST Lock In** (CYSS; 1900-0700 *RD 24 June; McConnell Youth Center)



Commandant's Roll Call

- ***Garrison***
 - DFMWR (ACS, CDC, CYS, LVCC, Thorpe Gym)
 - Housing (HSO, Balfour Beatty)
 - Chaplain
- ***The Exchange***
- ***Commissary***
- ***DAHC/Wellness Center***
- ***Schools, Centers, and Institutes (by exception)***
- ***G Staff (1-9)***
- ***SLDR***
- ***PA/LL***
- ***CBSC***
- ***Military Family Program***

1 APR CLIF 1100 – 1200 LOCATION AHEC



Spouse Resiliency Workshop



- **17 MAR, 0830-1430, AHEC**
- **Priority given to individuals who participated in either the JAN or FEB FLAGS One Week Workshop – open to all**
- **Sign up today by contacting the Military Family Program Office at 245-4787 or laurel.a.cioppa.ctr@mail.mil**



5 Tools for Raising Resilient Kids in the Military

Open to the Carlisle Barracks Community

5 Tools for Raising Resilient Kids in the Military

March 19
1900-2100 hrs
Bliss Hall

Dr. Deborah Gilboa MD - Pittsburgh Family Physician, International Speaker, renowned author and mom of four boys - will address the myriad ways that Military Families can strengthen their kids as they face lives of constant transition.

Doors open 1830 hours
Sponsored by the USAWC MFP
717-245-4787

